

## HC DrugFree: Keeping Howard County *in the KNOW!* ...knowledge is power, so just say KNOW

**“You can't go back and change the beginning but you can start where you are and change the ending.”**

C.S. Lewis

### Save the Date: Upcoming Events

- **May 18:** [Town Hall on Youth Vaping](#)
- **May 22:** [Teen Advisory Council Meeting](#)
- **Summer 2023:** Free Life Skills Classes for HoCo Students (more info to come)

### Register Now!

Join us this THURSDAY: The Dangers of Youth Vaping



HoCo adults (and students) need to attend to learn more and get your questions answered. HC DrugFree will present a FREE virtual town hall about youth vaping on Thursday, May 18 at 7 p.m.

#### **DID YOU KNOW...?**

- Nearly 40% of high school students will try vaping
- More 8th-10th graders vape than drink or use cannabis
- Despite being promoted as a healthier alternative to smoking, vaping poses

numerous health risks

This educational event features Joan Webb Scornaienchi, Executive Director of HC DrugFree, Mark Donovan, LCPC, LCADC of Congruent Counseling, and Dr. George Kolodner, DFASAM DLFAPA TTS Founder and Medical Director of Triple Track Treatment, a board-certified psychiatrist specializing in nicotine addiction. Learn about the consequences of youth vaping and what we can do about it. Registration required.

[Learn more, print flier, and register](#)

## Teen Advisory Council



All Howard County students in **grades 8 through 12** are invited to join the HC DrugFree Teen Advisory Council (TAC.) Community service hours are available and TAC members receive information about additional volunteer opportunities throughout the year. [Learn more](#)

The next TAC meeting is **Monday, May 22 from 5:30 p.m. - 7 p.m.** Registration is required to receive the zoom link. [Register here](#)

If you have additional questions, please email [admin@hcdrugfree.org](mailto:admin@hcdrugfree.org)

## More Than 1 in 9 Adults with Co-Occurring Mental Illness and Substance Use Disorders Are Arrested Annually

A recent study found that adults with co-occurring mental illness and substance use disorders are arrested at a high rate. More than 1 in 9 of these adults are arrested each year, and many do not receive treatment for both conditions. The study highlights the need for integrated treatment and addressing racial disparities to reduce justice system involvement and improve public health outcomes. [Read more](#)

## If You Missed It...Senior Week Presentation

For many years, HC DrugFree has provided an annual Senior Week program to help HoCo families navigate this Maryland tradition safely. By popular demand, we brought back this learning experience for graduating high school seniors and their parents/guardians in April.

If you missed our Live Zoom event, please take a moment to watch this replay presentation.



[Watch Video](#)

## The Intersection of Mental Health and Chronic Disease

The emotional impact of chronic illness is often overlooked, leading to a significant gap in patient care. Conditions like diabetes and depression can be a deadly combination, yet many patients don't receive proper diagnosis and treatment. To address this issue, there is a need for better integration of mental health into primary and specialty care. [Read more](#)

## JetBlue First Major U.S. Airline to Offer Non-Alcoholic Beer

JetBlue has become the first major U.S. airline to offer non-alcoholic beer on domestic flights. The move is part of JetBlue's ongoing efforts to cater to diverse dietary preferences and enhance the passenger experience. This innovative addition reflects the growing demand for non-alcoholic beverages and aligns with evolving consumer trends. [Read more](#)

## Mental Health Awareness Month



It's okay to take a break when you need it. This Mental Health Awareness Month, prioritize self-care and take time to recharge. Your mental health is important and seeking support when you need it is vital. Call, chat, or text 988 for free, confidential, judgment-free support 24/7. <https://988lifeline.org/>

## Donate Today

If you like our work, please donate today.



## Resources

**Reverse Opioid Overdose:** [Click here](#) to contact the Howard County Health Department to receive free training and Narcan kit.

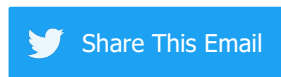
**Help for Depression, Suicidal Thoughts or Other Mental Health Issues:**  
Call or text 988.

**Substance Use Disorder Regional Residential Treatment Guide:** [Click here](#) to download the guide.

**Additional Resources:** [HC DrugFree Hotlines & Resources Page](#)

For more information, contact

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